


Facility: Harrogate Ladies College	Date: May 2021	Completed By: HARROGATE TRI CLUB 
Risk Assessment: COVID-19	Reference No: COVID/HTC/May2021	

List significant hazards and how people may be harmed	List groups of people who are at risk from the significant hazards identified	List existing control measures or note where the information may be found	What is the risk rating?
Contracting COVID-19	Club member – Adult	<ul style="list-style-type: none"> Anyone with COVID-19 symptoms or that has been in contact with anyone experiencing these symptoms: <ul style="list-style-type: none"> - A new continuous cough - A high temperature - A loss of, or change to sense of smell or taste <p>are advised to stay at home and self-isolate in line with government guidelines.</p> <p>https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/?fbclid=IwAR1PwxVCSjIY5ksVSHTpuR6B72_A8JDcxPsxHoCw2gvgmcMbtJCKwhfpkks</p> <ul style="list-style-type: none"> Signage will be displayed by entrance telling people not to come onto the premises and to go home if they are displaying symptoms. If a club member develops symptoms or tests positive after attending a lesson, they are advised they should contact track and test who would then contact Harrogate Tri Club in order that any potentially affected persons from their group can be traced. HTC to keep a register of all persons attending each session. 	Medium

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		<ul style="list-style-type: none"> • Swimmers to be encouraged to bring their own essential swim kit and keep this to a minimum. • Swimmers will be issued with Swim Protocol that will include guidance on social distancing both out and in of the water. 	
Contracting COVID-19	Coach	<ul style="list-style-type: none"> • A meeting will be held with coaches prior to swimming sessions re-starting so that practices and procedures can be reviewed, and appropriate adaptations and amendments can be made as necessary. • Training plan created to update all coaches on new policies, procedures, and methods of session delivery. This includes practical guidance in terms of how to adapt lesson plans and still meet lesson criteria. • Swim coaches will be briefed and trained on COVID-19 awareness, safe workplace practices, hand washing and staying at home if ill and reporting illnesses. • Coaches arrive for work already changed to avoid using the changing facilities and public lockers. • Coaches to avoid physical contact with swimmers at all times. (No spectators should attend any swim sessions). The only exception to this rule is in a life-saving situation where preserving life is the primary concern. • Coaches to follow Swim England COVID-19 guidance. • Any coaches who are clinically vulnerable should raise awareness regarding any extra personal requirements. It is 	Medium

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		<p>advised that those who are clinically vulnerable do not coaches HTC sessions.</p> <ul style="list-style-type: none"> Guidelines recommend use of own equipment. Coaches should no longer offer spare goggles/equipment etc. Swimmers MUST bring their own 	
Contracting/Spreading COVID – 19 Pool size/ ratios – social distancing	Coaches, Swimmers (Adult)	<ul style="list-style-type: none"> Swimmer ratio has been calculated according to pool dimensions to ensure social distancing will be maintained in line with current government and federation guidelines. Teachers to teach from pool side & try to remain in their own designated teaching area. No persons to accompany swimmers. Swimmers to wait outside if appropriate and be greeted by Coach. Swimmer to only be allowed to enter the pool building after any previous class has vacated the area. Spectator seating will not be marked to help adhere to social distancing. However, swimmers should use alternate seats to leave their belongings. No lingering or socialising within the premises. 	Medium – not going to be operating at full potential capacity
Risk of drowning due to pool depth	Swimmer (Adult)	<ul style="list-style-type: none"> Only strong swimmers to attend club sessions (can swim at least 200m) 	Low
Personal Injury / First Aid – Access and availability to first aid equipment	Coaches Swimmer (Adult)	<ul style="list-style-type: none"> Venue first aid kits to be stocked with appropriate PPE for COVID-19 First aiders have easy access to gloves, face masks, eye protection, CPR pocket mask, and face shields. First aider briefed on latest COVID-19 guidance and provided with adequate training and awareness relating to first aid. 	Medium

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Hygiene/Cleanliness/Housekeeping – in addition to general cleanliness, the added risk of contracting COVID-19	Coaches Swimmer (adult)	<ul style="list-style-type: none"> • Enhanced cleaning regime put in place for changing rooms, poolside and poolside observation areas by HLC staff. • Revised daily cleaning schedules put in place by HLC staff. • Pool steps, handrails etc. will be frequently cleaned as part of the revised cleaning regime by HLC staff. • Staff undertaking cleaning wear suitable PPE as per government guidance by HLC staff. • Toilets are to only be used on an urgent needs basis and will be cleaned thoroughly and regularly when used. • Coaches have access to hand sanitizing gel on poolside so they can use regularly. • Wet wipes should be provided by swimmers to blow their nose or if they need to cough, along with a bin to dispose of wipes. • Physical touch hazards such as: doors, chairs and showers to be cleaned between lessons by HLC staff. • Ensure hand sanitizers are available on entry and exit, monitor correct use and ample supply by HLC staff. • HLC take daily pool water readings which are recorded to ensure chemical levels are within safe range to prevent spread of virus. • HLC to ensure chemical levels are also within range to prevent chemical-induced coughing by swimmers. 	Medium
Transmission of COVID-19 from the physical environment: ventilation and air circulation	Coaches Swimmer (adult)	<ul style="list-style-type: none"> • The circulation of outside air will be increased as much as possible by increasing mechanical ventilation and where appropriate opening doors. • Coaches advised to open windows and doors where possible and safe to do so to increase natural ventilation. • Coaches advised any doors which are propped open to improve ventilation must be unpropped when room is vacated. Only fire doors with a Dorguard unit fitted maybe propped open. 	Low

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		<ul style="list-style-type: none"> • Service and Maintenance contract regime remains in place for all mechanical ventilation plant with inspections taking place as required and arranged by HLC estates team. • HLC estates team will ensure operation of the a/c plant in the swimming pool is adjusted as recommended in current Covid-19 mechanical ventilation guidance. https://www.hse.gov.uk/coronavirus/equipment-and-machinery/air-conditioning-and-ventilation.htm 	
Transmission of COVID-19 from the physical environment: changing areas	Coaches Swimmer (adult)	<ul style="list-style-type: none"> • Swimmers are advised not to shake any towels or clothing items as this could transfer the virus into the air. • Limit number of swimmers to ensure social distance/ current government guidelines maintained during changing. • Swimmers will be required to come dressed for the pool – ‘beach style’ to limit time spent changing. Swimmers should expect to wear appropriate outerwear to limit time required to dress and lessen likelihood of infection. Swimmers should not expect to make a full change out of swimwear after their swim. • Swimmers to be informed of extra social distancing measures and their responsibility to adhere to these guidelines. No lingering or socialising within the premises. • COVID officer to enforce Covid guidelines and procedures. • Follow HLS signage and floor markings advising of current guidelines re: social distancing, no food or drinks bottles, handwashing. • All swimmers must use hand sanitiser regularly especially when touching fixtures – i.e. using door handles etc. 	Medium

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		<ul style="list-style-type: none">• Cleaning regime will be implemented based on government guidance. <u>COVID-19: cleaning in non-healthcare settings outside the home - GOV.UK (www.gov.uk)</u>	